

Culinary Arts Foundations: Week 12

Day 1: Meat Cuts

- **Objective:** Determine the difference between curing, aging and irradiation in the processing of meats
- **Starter # 8:** Why is fresh pork not aged? “Culinary Tip” pg. 535
- **Assignment:**
 - Internet Assignment: Research the pros and cons of irradiated or genetically engineered meat. Prepare a list of the advantages and disadvantages on the process

Note: Need to create handout and instructions for assignment.

Day 2: Meat Cookery Ch. 24

- **Objective:** Describe the nutritional content, internal structure, quality grades and process of aging meat.
- **Starter #8:** “History of the Butcher” pg. 529. How does slaughtering meat today differ from the past? What tool is used to fabricate the carcass?
- **Assignment:**
 - Ch. 24 Study Guide pg. 527-532
 - Discuss Meatball Lab

Note: Would like students to choose their own meatball recipe using cookbooks or internet sources. Create handout for assignment. Students will complete their own market order. Will need to be turned in by Wed. to have ingredient list for grocery order.

Day 3: Meatball Recipe

- **Objective:** Determine a meatball recipe to prepare, create a grocery order for the ingredients needed and if time cost out recipe
- **Starter #9:** What is the Maillard Reaction? Pg. 545 “Key Science Skills”
- **Assignment:**
 - Meatball Recipe: See note above. Students will prepare the recipe next week.

Day 4: Kabob Lab (Threshold)

- **Objective:** Mise En Place. Students will cut their meat and make their marinade for the kabobs.
- **No Starter**
- **Assignment:**
 - Kabob Lab: Day 1

Day 5: Kabob Lab (Threshold)

- **Objective:** Demonstrate ability to cook meat following safety and sanitation guidelines.
- **No Starter**
- **Assignment:**
 - Kabob Lab: Day

Note: Have some students broil their kabobs instead of cooking on the griddle. Compare the “Maillard Reaction” produced by the different cooking methods. Add this to meat evaluation.

Ch. 24 Study Guide

Meat (pg. 527-532)

- 1.) Meat is the _____, such as cattle and hogs.
- 2.) What are the 4 basic nutrients that meat contains and what percentage do they make up?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
- 3.) Define shrinkage: _____
- 4.) What are the two types of fat in meat? _____
- 5.) The amount of marbling affects the meats _____.
- 6.) The more marbling in a piece of meat, the more _____ and _____ the meat will be.
- 7.) Define fat cap: _____
- 8.) Fat cap is left on during cooking to keep meat _____ and _____.
- 9.) Define barding: _____
- 10.) Define larding: _____
- 11.) Lean meat is almost completely composed of _____ with little fat. These fibers determine meats _____ and contribute to its flavor.
- 12.) What does connective tissue connect? _____
- 13.) Connective tissue is _____.
- 14.) Define collagen: _____
- 15.) Define elastin "gristle": _____
- 16.) Give two examples of how to tenderize meat. _____

- 17.) What will learning the bone structure of the animal help you determine? _____

- 18.) Primal cuts, sometimes called _____, are large, primary pieces of meat separated from the animal. The most popular form of meat purchased by food service operations. They are easily _____ and _____.
- 19.) When would you purchase fabricated cuts? _____
- 20.) What is a carcass? _____
- 21.) The labor, equipment, and facilities needed to process a whole carcass are _____.
- 22.) Beef carcasses are split into 2 sides called the _____.
- 23.) Veal and lamb carcasses are divided between their ribs to create the _____.
- 24.) Inspecting meat guaranteed that it is _____ and not _____.
- 25.) _____ are used in the very best foodservice establishments. These meats are also the most _____.
- 26.) What does the meat need to receive a Prime grade? _____
- 27.) Choice is the grade most preferred by consumers because of its _____ and _____. It is also a great value.
- 28.) Select grade has very little _____.
- 29.) The three grades below Select are _____, _____, and _____. These are used primarily for _____ meat products.
- 30.) Complete the following chart.

Meat Products	Refrigerator (DAYS)	Freezer (MONTHS)
Beef: Roasts and Steaks		
Lamb: Roasts and Steaks		
Pork: Roasts and Chops		
Beef and Lamb: ground		
Pork: Sausage		

Fiery Pork Skewers



Submitted by: Lindsay Perejma
Rated: 4 out of 5 by 43 members

Prep Time: 15 Minutes

Ready In: 30 Minutes

Cook Time: 12 Minutes

Yields: 4 servings

"Tender pork pieces are marinated quickly in a teriyaki mixture, then grilled."

INGREDIENTS:

2 tablespoons teriyaki sauce
 1 tablespoon red wine vinegar
 1 tablespoon vegetable oil

1 teaspoon brown sugar
 1/2 teaspoon red pepper flakes
 3/4 pound pork tenderloin, cut into 1 inch cubes

DIRECTIONS:

1. In a medium bowl, mix teriyaki sauce, red wine vinegar, vegetable oil, brown sugar and red pepper flakes. Place pork tenderloin cubes in the mixture. Toss to coat.
2. Preheat an outdoor grill for high heat and lightly oil grate.
3. Place pork on skewers. Cook on the prepared grill, turning and brushing with the teriyaki sauce mixture frequently. Cook 10 to 12 minutes, or to desired doneness.

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Teriyaki Kabobs



Submitted by: Candy VanderWaal

Rated: 5 out of 5 by 2 members

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Ready In: 30 Minutes

Yields: 6 servings

"It takes just seconds to stir up this delicious marinade, which flavors the beef and veggies wonderfully," confirms Candy Vander Waal of Elkhart Lake, Wisconsin. "Marinate the meat a few hours or overnight-whatever suits your schedule."

INGREDIENTS:

1/3 cup soy sauce	cubes
2 tablespoons vegetable oil	12 whole fresh mushrooms
1 tablespoon brown sugar	1 large green bell pepper, cut into 1 1/2-inch pieces
1 garlic clove, minced	1 large onion, cut into wedges
1 teaspoon ground ginger	12 cherry tomatoes
1 teaspoon seasoned salt	Hot cooked rice
1 1/2 pounds boneless beef sirloin steak, cut 1 1/4 inch	

DIRECTIONS:

1. In a bowl, combine soy sauce, oil, brown sugar, garlic, ginger and salt; mix well. Pour half of the marinade into a large resealable plastic bag or shallow glass container; add beef and turn to coat. Seal or cover; refrigerate for 4-8 hours, turning occasionally. Cover and refrigerate remaining marinade.
2. Drain the meat, discarding the marinade. On metal or soaked bamboo skewers, alternate meat, mushrooms, green pepper, onion and tomatoes. Grill, uncovered, over medium heat for 3 minutes on each side.
3. Baste with reserved marinade. Continue turning and basting for 8-10 minutes or until meat reaches desired doneness (for rare, a meat thermometer should read 140 degrees F; medium, 160 degrees F; well done, 170 degrees F). Serve meat and vegetables over rice if desired.

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Name _____ Date _____ Period _____

Meat Lab Evaluation

Directions: As you taste the different meat kabobs recipes please evaluate the following information and answer the question about your lab performance. You must use descriptive words or you will not receive points

	<u>Taste</u>	<u>Appearance</u>	<u>Texture</u>
Teriyaki Kabobs			
Fiery Pork Skewers			

- 1.) What is shrinkage and did it occur when you cooked your product? _____

- 2.) Do you think that the sirloin and pork loin were tender or less tender? Why? _____

- 3.) List the quality grades of meat from the very best to ones used for processing. Pg.531 _____

- 4.) Why is pork not graded? pg. 531 _____

- 5.) What are some things that you should have done to promote safety and sanitation after cutting the meat? _____

- 6.) What did you do SPECIFICALLY to help with this lab? _____

- 7.) Do you think that your lab members worked just as hard as you? Why or why not? _____

